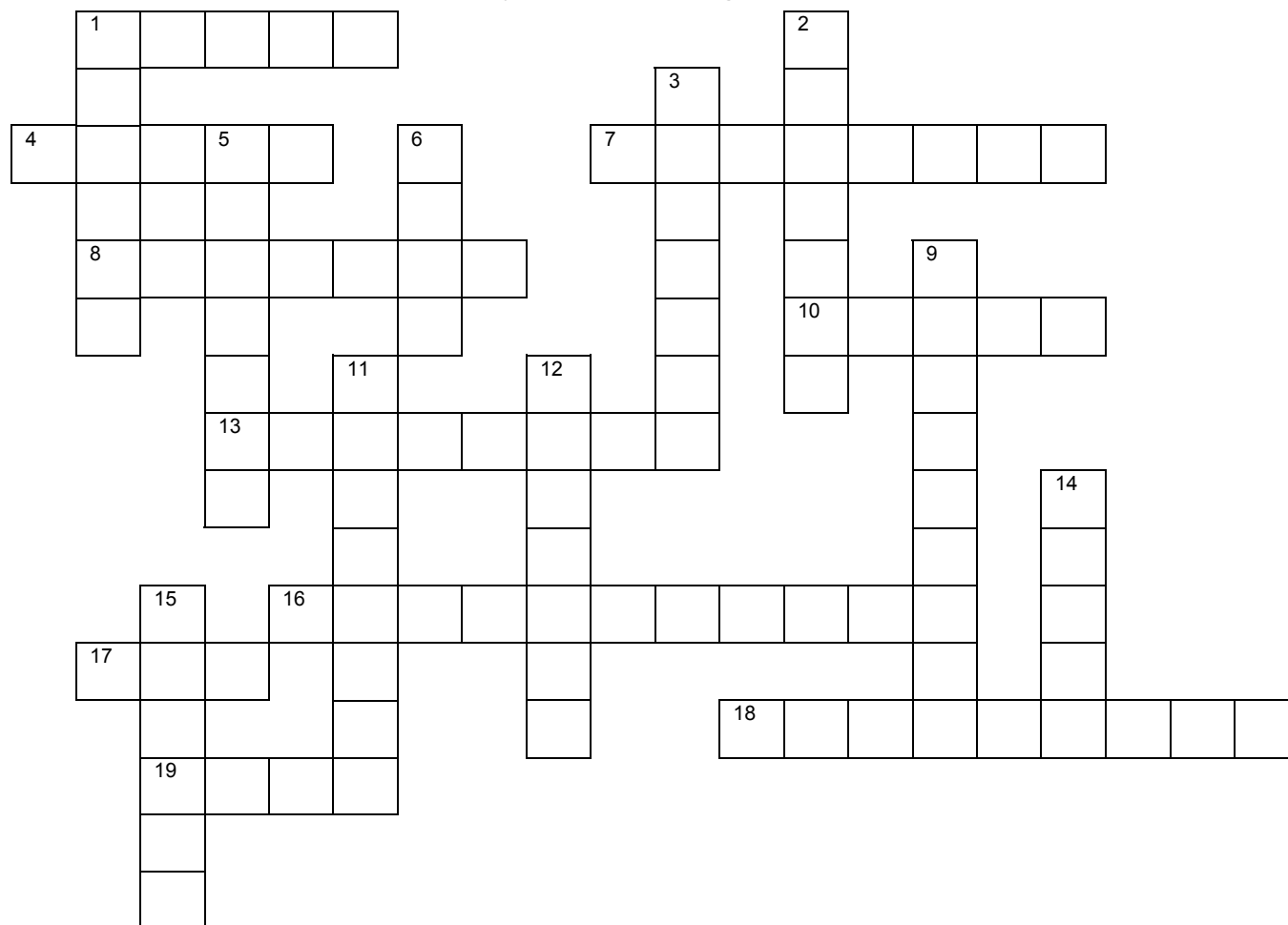


Focus on Wellness Weekly Word Puzzle

May 18 – “Walking Basics”



ACROSS

- 1 Walkers should replace these every 300–500 miles, or every 3-6 months.
- 4 According to Runner’s World, this is one of the best surfaces for walking.
- 7 Walking 420 miles is equivalent to walking across this state.
- 8 It is important to take time to do this after every workout.
- 10 When walking on a treadmill you can set this to suit your personal fitness needs.
- 13 The average number of these burned per mile is 100.
- 16 A walker should dress for the weather and wear clothing that is comfortable and _____.
- 17 Physical Activity Mile
- 18 Some walkers wear a monitor to measure this.
- 19 Although everyone’s stride is different, it takes an average of 2000 steps to walk this far.

DOWN

- 1 One benefit of walking is that it reduces this.
- 2 Walking is one of the easiest _____ activities.
- 3 The risks of carrying these while you walk far out weigh the benefits.
- 5 The best walking _____ will be flat, firm and not too hard.
- 6 The ideal _____ allows you to reach your target heart rate.
- 9 Walkers can use this to measure the number of steps taken or distance walked.
- 11 Good walking shoes should have this type of sole.
- 12 The average fitness walker will walk a mile in 15 of these.
- 14 It is important to drink plenty of this before, during and after walking.
- 15 Walking will be easier and injuries less likely if you do this first.